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Period 3

Everyone has always thought that baseball players were the only ones that took steroids, but steroids were being used in football just as much as baseball in the 1980s. I don’t have any experience on steroids, but I know of some NFL players that do take it. I do know the steroids enhance your performance. It makes you stronger, faster and helps you jump higher. I decided to do this topic because I love football and steroids are just one way of cheating.

The use of performance enhancing drugs (steroids) in the sport of American football has been an ongoing issue since the 1980s (Wikimedia Foundation, Inc). The NFL began to test players for steroid use during the 1987 season, and started to issue suspensions to players during the 1989 season. One case ended a defensive linemen’s carrier early for Lyle Alzado. He was using natural growth hormones. He stated that his steroids directly led to his fatal illness, but his physician stated it could not possible be true. During the 1980s, half of the players in the league used some type of performance enhancing drug or steroid and the entire defensive lineman used them. The NFL banned substances policy has been acclaimed by some and criticized by others, but the policy is the longest running in professional sports, beginning in 1987. The NHL decided to permanently ban athletes for a third offense. Since NFL started random, year-round tests and suspending players for banned substances, many more players have been found to be in violation of the policy. The policy involves all players getting tested many times throughout the regular season, the playoffs, and even during the off season. Performance-enhancing drugs, most notably anabolic steroids can cause many health issues. Most of these issues are dose-dependent; the most common being elevated blood pressure, especially in those with pre-existing hypertension. Other side effects can include alternations in the structure of the heart, such as enlargement and thickening of the left ventricle, which impairs its contraction and relaxation.

(CNSNews, 2009)-More than 20 percent of NFL players in the 1980s us steriods, especially offensive and defensive linemen, according to research conducted by the University of North Carolina’s center of Study of Retired Athletes. Worse, players who used performance drugs now suffer from damaged health-including joint injuries and arthritis-and are at much greater risk of depression. The majority of players used steroids during the 70s and 80s. Few Players that played in the 40s and 50s reported steroid use. More than 16 percent of offensive lineman admitting steroid use, as did 15 percent of defensive lineman-positions that require greater size and strength. In fact the study found a strong link between steroid usage and high rates of depression, attention deficit disorder, and increased alcohol consumption.

(Drugs and Football)Football requires burst of speed and energy during plays that could be aided by amphetamines, high tolerance of pain that could be aided by painkillers, and strength in blocking, tackling, and running that could be aided by steroids. During the 1970s and 1980s, as coaches and trainers started to recognize the full benefit of weight training, the players began recognize how could enhance muscle growth obtained from weight training. Steroid is rampant among NFL, about 75 percent of lineman used steroids. The pressure to win and the desire to succeed were so strong athletes felt they had to use the drug. HFL football cannot be played at present levels without steroids. This is the cruel but serious reality of the modern sports world. During 1989, NFL toughened its drug policy y punishing those who test positive for steroids of masking agents. It suspended 13 players in the first year.

In conclusion, Steroids have been a problem since the 1980s. Steroids enhance a player’s performance by helping them to go faster, get stronger, and jump higher. I mainly choose this topic to help show the problem with steroids, what happens to you when you take steroids, and what we are doing to stop this problem. I’m hoping to show parents and that their children are watching take steroids and that their children might take this drug. The use of steroids in the 1980s is still being used in this decade and if this keeps going on it will never stop.